

Degree to which State Licensing Regulations Contain 47 Selected Components of the Caring for Our Children: National Health & Safety Performance Standards for Early Care & Education Programs (3rd Ed.)*

			Fully Present	Partial†	Missing†	Contradicts†
CFOC Standard Component Description		New Jersey	# of States	# of States	# of States	# of States
Infant Feeding						
IA1	Encourage/support BF by onsite arrangements for moms to BF	Missing	6	13	32	0
IA2	Serve milk or formula to at least 12 months	Missing	21	6	21	3
IB1	Feed infants on cue	Missing	28	4	19	0
IB2	Do not feed infants beyond satiety/allow infant to stop the feeding	Missing	0	23	28	0
IB3	Hold infants while bottle feeding	Missing	8	29	14	0
IC1	Develop plan for introducing age appropriate solid foods in consultation with parent	Missing	0	34	17	0
IC2	Introduce age-appropriate solid foods no sooner than 4 months, preferably at 6 months	Missing	1	24	25	1
IC3	Introduce BF infants gradually to iron-fortified foods no sooner than 4 months, preferable at 6 months	Missing	0	26	25	0
ID1	Do not feed an infant formula mixed with cereal, juice or other foods	Missing	1	1	49	0
ID2	Serve whole fruits, mashed or pureed, for infants 7 mo up to 1 year	Missing	0	1	17	33
ID3	Serve no fruit juice to children younger than 12 months	Missing	0	2	17	32

Nutrition

NA1	Limit oils by choosing mono and polyunsaturated fats and avoiding trans fats, sat fats and fried foods	Missing	2	1	48	0
NA2	Serve meats and/or beans, avoiding fried meats	Missing	3	33	15	0
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat variants for 2 years and older	Missing	2	30	18	1
NA4	Serve whole milk to 12 - 24 month olds who are not on human milk, or serve reduced fat milk to those at risk for hypercholesterolemia or obesity	Missing	0	5	46	0
NA5	Serve skim or 1% milk to 2 years and older	Missing	3	1	46	1
NB1	Serve whole grain breads, cereals, and pastas	Missing	4	25	22	0
NB2	Serve vegetables (dark green, orange, deep yellow and root, such as potatoes and viandas)	Missing	4	32	15	0
NB3	Serve fruits of several varieties, especially whole	Missing	10	28	13	0
NC1	Only 100% juice, no added sweeteners	Missing	30	1	19	1
NC2	Offer juice (100%) only during meal times	Missing	1	2	48	0
NC3	No more than 4 - 6 oz juice/day for 1 - 6 year olds	Missing	0	32	19	0
NC4	No more than 8 - 12 oz juice/day for 7 - 12 year olds	Missing	1	30	20	0
ND1	Water available inside and outside	Partial	13	17	21	0
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally appropriate to nutritional needs	Missing	0	3	48	0
NE2	Adults eating meals with children eat items that meet standards	Missing	0	0	51	0
NF1	Serve small-sized, age-appropriate portions	Partial	32	5	14	0
NF2	Permit children to have 1 or more additional servings of nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the child and teach children who require limited portions about portion size and monitor their portions	Partial	2	26	18	5

			Fully Present	Partial†	Missing†	Contradicts†
CFOC Standard Component Description		New Jersey	# of States	# of States	# of States	# of States
NG1	Limit salt by avoiding salty foods (chips, pretzels)	Missing	3	0	48	0
NG2	Avoid sugar, including concentrated sweets (candy, sodas, sweetened drinks, fruit nectars, flavored milk)	Missing	0	4	19	28
NH1	Do not force or bribe children to eat	Partial	1	27	23	0
NH2	Do not use food as a reward or punishment	Partial	5	37	9	0

Physical Activity

PA1	Provide adequate space, both inside and outside play	Fully	36	6	9	0
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote PA	Missing	0	1	50	0
PA3	Develop written policies on the promotion of PA and the removal of potential barriers to PA participation	Missing	1	0	50	0
PA4	Require caregivers/teachers to promote children's active play, and participate in children's active games at times when they can safely do so	Missing	0	0	51	0
PA5	Do not withhold active play from children who misbehave	Missing	7	13	31	0
PB1	Do not utilize media (tv, video, dvd) viewing and computer with children younger than 2 years	Missing	1	14	36	0
PB2	Limit total media time for 2 year olds and older to no more than 30 min/week	Missing	0	13	38	0
PB3	Limit media time only for educational purposes or PA	Missing	4	2	45	0
PB4	Do not utilize TV, video, or dvd viewing during meal or snack time	Missing	0	0	51	0
PC1	For birth - 6 years, provide 2 - 3 occasions daily of active play outdoors, weather permitting	Missing	4	34	13	0
PC2	Toddlers 60 - 90 min/8-hr day for moderate to vigorous PA	Partial	0	33	18	0
PC3	Preschoolers 90 - 120 min/8-hr day for moderate to vigorous PA	Partial	0	32	19	0
PD1	Children birth - 6 years, 2 or more structured or adult-led activities or games that promote movement daily	Missing	1	7	43	0
PE1	Daily supervised tummy time for infants	Missing	6	0	45	0
PE2	Use infant equipment (swings, stationary centers, seats, bouncers) only for short periods of time if at all.	Missing	1	13	35	2

* *Caring for Our Children (3rd Ed)* was developed by the American Academy of Pediatrics, the American Public Health Association, and the National Resource Center for Health and Safety in Child Care and Early Education

† State data are aggregated results from Achieving a State of Healthy Weight: A National Assessment of Obesity Prevention Terminology in Child Care Regulation, 2010 (National Resource Center for Health and Safety in Child Care and Early Education, January 2011) that contained up to three separate ratings per standard component for each state specific to licensing regulations for family-homes (small and large) and centers. For each component, data were aggregated within state based on the lowest rating received. Thus, for a component to be rated as 'contradicted' in regulations, only one type of regulation had to contain contradictory language. Language may not have been contradictory on that component for all types of regulations reviewed for that state. For complete assessment results go to: http://www.nrckids.org/regulations_report_2010.pdf